

LIVABLE La Mesa



What Is Livable La Mesa?

Livable La Mesa is a project through AARP's Livable Communities Initiative, with support from The San Diego Foundation Age-Friendly Communities (AFC) Program. This initiative is an affiliate of the World Health Organization's Global Network of Age-Friendly Cities and Communities, an international effort launched in 2006 to help cities prepare for their own and the world's growing population of older adults. Over the course of the next year, and with input from the La Mesa residents, the Livable La Mesa project will prepare a plan to help make La Mesa a community for all ages.

AARP's Network of AFCs targets improvements in eight domains that influence the health and quality of life of older adults. The livability domains include Outdoor Spaces & Building, Transportation, Housing, Social Participation, Respect & Social Inclusion, Civic Participation, Communication & Information, Community Support & Health Services.

After collecting feedback through a community survey and a series of community conversations, La Mesa residents prioritized the following domain topics for the La Mesa AFC Action Plan:

- **Transportation**
Safe and affordable modes of private and public transportation.
- **Outdoor Spaces and Buildings**
Availability of safe and accessible recreational facilities.
- **Social & Civic Participation**
Access to leisure and cultural activities, including opportunities for older residents to socialize, engage with their peers, and participate in paid work and volunteer activities.
- **Housing**
Availability of home modification programs for aging in place as well as a range of age-friendly housing options.
- **Community Information**
Access to communication technology and other resources so older residents can connect with their community, friends, and family.
- **Health & Wellness**
Access to programs that promote wellness and active living

Safety is a subcategory for all domains.



Join us at upcoming events!

Community Action Planning Sessions

These are workshop sessions with the community to start constructing the Age-Friendly Action Plan. Please attend these sessions to participate in topic area discussions and provide your input.

Topic Areas

Outdoor Spaces & Buildings
Social & Civic Participation
Community Information

May 7, 2019

5:30 pm to 7:30 pm

Oasis

5500 Grossmont Center Dr., La Mesa, CA 91942

&

May 22, 2019

8:30 am to 10:30 am

Fire Station 12

8844 Dallas St, La Mesa, CA 91942

Topic Areas

Housing
Transportation
Health & Wellness

May 15, 2019

8:30 am to 10:30 am

Spacebar

7454 University Ave A, La Mesa, CA 91942

&

May 22, 2019

5:30 pm to 7:30 pm

Fire Station 12

8844 Dallas St, La Mesa, CA 91942

All Action Planning Sessions are open to the public. We encourage residents to attend sessions with topic area discussions that are important to them.

Light refreshments will be provided.

Have Questions?

Megan Howell, Recreation Supervisor

La Mesa Adult Enrichment Center

8450 La Mesa Blvd, La Mesa, CA 91942

619.667.1322 | www.cityoflamesa.us/939/Livable-La-Mesa